## IN THE CLAIMS

1. (Currently Amended) A shoe, comprising:

an upper;

a sole affixed to an insole enclosed by the upper, the sole operable to place insole having a structure that places a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

an outsole supporting the insole.

- 2. (Currently Amended) The shoe of Claim 1, wherein the structure of the insole allows an acute angle is to be formed between the wearer's foot and the wearer's lower leg bones.
- 3. (Currently Amended) The shoe of Claim 1, wherein the sole insole has a substantially planar first surface, the sole insole having a substantially non-planar second surface, the insole being separated into a rear heel section and a forward toe section, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 4. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the upper surface.

- 5. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
- 6. (Withdrawn) The shoe of Claim 3, wherein the forward toe section and the rear heel section are separated by a cavity.
- 7. (Withdrawn) The shoe of Claim 3, wherein the forward toe section extends short of a forward periphery edge of the shoe.
- 8. (Currently Amended) The shoe of Claim 3, further comprising:

one or more midsoles affixed to one of the upper and the sole between the insole and the outsole.

- 9. (Currently Amended) The shoe of Claim 8, wherein the midsoles allow the insole to maintain a position of the wearer's heel to be closer to the walking surface than the wearer's toes.
- 10. (Currently Amended) The shoe of Claim 1, wherein the structure of the insole sole places the wearer's foot in a negative heel position.

11. (Currently Amended) A shoe, comprising: an upper;

a sole an insole under the upper, the sole operable to place insole having a structure that places a wearer's foot in a dorsiflexion position;

an outsole under the insole.

- 12. (Currently Amended) The shoe of Claim 11, wherein the sole insole has a substantially planar first surface and a substantially non-planar second surface, the insole being configured with a constantly thick forward section and a decreasingly thick rear section.
- 13. (Currently Amended) The shoe of Claim 11, wherein the sole is an insole for the shoe constantly thick forward section and the decreasingly thick rear section meet at a point substantially halfway with respect to the outsole.
- 14. (Currently Amended) The shoe of Claim 13, further comprising:

an outsole beneath the sole one or more midsoles between the insole and the outsole.

15. (Currently Amended) The shoe of Claim 11, wherein the sole is an outsole for the shoe insole is removable.

16. (Currently Amended) A shoe, comprising:
an upper;

an insole enclosed by the upper, the insole operable to place having a structure that places a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

an outsole supporting the insole.

- 17. (Original) The shoe of Claim 16, wherein the insole has a rear heel section and a forward toe section, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 18. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the outsole.
- 19. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
  - 20. (Original) The shoe of Claim 16, further comprising: a midsole separating the outsole from the insole.